

**ROLAND-STORY MIDDLE SCHOOL
MONDAY, SEPTEMBER 28th, 2020 #025**

TODAY'S LUNCH

Monday-Hot ham and cheese, peaches, vegetables
Tuesday-Beef tacos, green beans, apple slices
Wednesday-Chicken alfredo, bowtie pasta, breadstick, broccoli, pears
Thursday-Cheeseburger, baked beans, applesauce
Friday-Corndog, green beans, pineapple

BREAKFAST

Monday-Ham breakfast bar, graham crackers, fruit
Tuesday-Mini cinnamon rolls, fruit
Wednesday-Breakfast pizza, fruit
Thursday-Sausage pancake stick, fruit
Friday-Cereal, popart, fruit

Hey RSMS students!! Just a reminder to have fun, follow the Norse Code and come to school each day Ready to Learn! We have the privilege of attending an amazing school so be grateful each and every day and have pride in our building.

This week is Homecoming Week! Here are the dress up days:

Monday-Hat Day
Tuesday-Hawaiian/Beach Day
Wednesday-Crazy Outfit/Mismatch Day
Thursday-Dress to Impress
Friday-Spirit Day
Go Norse!

Girls and Boys Basketball signup is in the office. Please sign up if you plan to go out for basketball. Girls basketball starts in mid-October and boys basketball starts in January. Sign up by October 8.

Wrestling signup is in the office. If you are planning to go out for 7th-8th Wrestling, please sign up in the middle school office by October 8.

7th and 8th Grade Roland Rural Bus Room please report to Mrs. Barker's room at 3:30.

MS Pictures will be October 1st

FFCRA Lunch Program Starting Monday, September 21st, students will not be charged for regular school meals. Students may continue to purchase a la carte items, seconds, and milk, which will be charged to the family's account. The program is scheduled to expire on December 31st, or when funds run out—whichever happens first. We expect the funding to last at least 2-3 months. Once the program ends, we will move back to the regular National School Lunch and National School Breakfast programs and previous meal rates will apply. The federal government has provided this opportunity under the Families First Coronavirus Response Act (FFCRA).

Federal Meal Requirements for **FREE Breakfast**

Breakfast consists of three components

- 1.** Milk
- 2.** Fruit or Orange Juice
- 3.** Main Dish
 - You **MUST** take all **three** items in order to charge as a **Free Breakfast**
 - You may **substitute a bagel in place of the Main Dish** for Breakfast

- If all three items are not taken you will be charged separately for each item via Ala Carte

Federal Meal Requirements for **FREE** Lunch

Lunch consists of the following components

1. Milk
2. **¾ Cup Fruit or Vegetable**
3. Meat or Meat Alternative
4. Grain (buns, rolls, pizza crust, biscuit, spaghetti noodles, hard/soft taco shells)
 - You **MUST** take all **four** choices with **one of the choices being ¾ cup of fruit or vegetable** in order to charge as a **FREE Lunch**
 - If all four items are not taken you will be charged separately for each item via Ala Carte

RSMS to offer “Skip the Trip” Iowa DOT instruction permit knowledge tests

Do you have a student who is ready to take the operator knowledge test to get an Iowa instruction permit to drive? RSMS is now offering the test right here at school as part of the Iowa Department of Transportation’s “Skip the Trip” program. In partnering with the Iowa DOT, RSMS can save families time, cost, and the hassle of making a trip to a driver’s license service center for testing. Students will be able to take the web-based test in a more familiar environment that works to reduce test anxiety and increase success rates. Tests are overseen by trained school staff to assure the integrity of test results.

To be eligible to take the remote knowledge test, your student must be age 14 or older and not currently hold an Iowa instruction permit. Students that have turned 14 prior to the testing date must sign up in the office and have permission given from their parent by either email or phone. Students will have the opportunity to test on the second Tuesday of each month. “Skip the Trip” allows students to take their initial test at school as the first step in getting your student to be a confident driver. Once a student has successfully passed the test, the student will receive an email verifying a successful test. The student brings a copy of the email to the driver’s license service center along with the other required documentation that will prove their identity to be issued their instruction permit. Service center staff will verify passing test result emails with Iowa DOT records. Visit www.iowadot.gov/mvd/realid/success.asp to determine what documentation to bring with you to receive your student’s permit. To prepare for a successful knowledge test, students should study the Iowa Driver’s Manual and online practice test, both available at: <https://iowadot.gov/mvd/driverslicense/manuals-and-practice-tests>.

NBA registration is now open! Join us for another exciting, fun, and competitive season of basketball with the Norsemen Basketball Association! Online registration is open until October 13th on Team Snap: <https://go.teamsnap.com/forms/245433> For more information, please see the RSMS website.

Quote of the Week:

“Challenges are what make life interesting and overcoming them is what makes life meaningful.”
Joshua Marine

R-S MS PRACTICE / SHUTTLE SCHEDULE CROSS COUNTRY, FOOTBALL, VOLLEYBALL

CROSS COUNTRY & VOLLEYBALL -- SHUTTLE @ 5:15 P.M.
FOOTBALL -- SHUTTLE @ 5:30 P.M.

MONDAY, SEPTEMBER 28 -- Shuttle @ 5:30 for Football

Cross Country -- @ Hickory Grove @ 4:30

Dismiss @ 2:40 / Bus @ 2:50

Football -- 3:45 - 5:20

Volleyball -- 8th @ Nevada 4:30 / 7th (H) 4:30

8th -- Dismiss @ 3:30 / Bus @ 3:40

TUESDAY, SEPTEMBER 29

Cross Country -- 3:35 – 5:00
Football -- 8th Practice -- 3:45 – 5:20
7th @ Nevada 4:30
Dismiss @ 3:25 / Bus @ 3:35
Volleyball 3:35 -- 5:05

WEDNESDAY, SEPTEMBER 30

Cross Country -- 3:35 -- 5:00
Football -- 3:45 – 5:20
Volleyball -- 3:35 -- 5:05

THURSDAY, OCTOBER 1

Cross Country -- 3:35 – 5:00
Football -- 8th - @ Greene Co. Linduska Field/Track @ 4:30
8th -- Dismiss @ 2:50 / Bus @ 3:00
7th Practice -- 3:45 - 5:20
Volleyball -- 8th 3:35 - 5:05
7th @ S. Hamilton 4:30
7th -- Dismiss @ 3:30 / Bus @ 3:40

FRIDAY, OCTOBER 2

Cross Country -- 3:35 – 5:00
Football -- 3:45 – 5:20
Volleyball -- 3:35 – 5:05